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Why *everyone* is Hip

Our stories are reflected in their songs — which have forever etched their way deep into Canada's heart

Kristen Lipscombe
Metro | Halifax

The Tragically Hip — five guys from Kingston — remind us of ourselves.

Our stories are reflected in their songs, and in their three-decade long journey of ups and downs, from Juno Awards to terminal illness, which have forever etched their way deep into Canada's heart.

The lyrics "they shot a movie once, in my hometown" have always evoked an emotional response in me.

I can't help but sing along when Blow at High Dough randomly comes on my car radio, and it's guaranteed that I will get up and dance if I'm in a bar that starts blasting the iconic song from the 1989 album Up to Here.

Okay, let's be honest. The same is true when I hear any tune by The Tragically Hip, my hometown band. Having grown up in Kingston, Ont., it's impossible not to feel pride for a bunch of seemingly average local guys not just making it big in music, but becoming interwoven into the very fabric of Canadian culture.

And perhaps that's what Kingstonians are most proud of – the fact that The Hip isn't just our band, but the entire country's band.

From "' … in Bobcaygeon, where I saw the constellations …" to " … sundown in the Paris of the prairies," The Hip's lyrics travel across the country, while the unique rumble of Gord Downie's voice and the band's distinctive brand of alternative rock somehow represent our Canadian mindset, and have become our country's signature sound.

That journey, and that feeling we get when we hear The Hip on the radio, will be celebrated Saturday night not just in our hometown, but across the country, as a "late breaking story on the CBC," and at public viewing parties taking place coast to coast.

Gord Downie performs during the first stop of the Man Machine Poem Tour in July in Victoria, B.C. THE CANADIAN PRESS

BEECHWOOD

New bus stop a scramble

Emma Jackson
Metro | Ottawa

Beechwood's new bus stop consolidation has some passengers scrambling to catch their ride.

Rideau-Rockcliffe Coun. Tobi Nussbaum and Rideau-Vanier Coun. Mathieu Fleury combined several stops along Beechwood this summer to improve efficiency. But route 9 passengers say they're now scrambling to catch transfers to the 1 and 7.

They used to have a short hop from Crichton Street to Beechwood and the Vanier Parkway.

Those stops have been moved two blocks east.

"The timings on the 9 and the 7 are quite tight," said resident James O'Donnell. "Now you've got two more blocks to walk."

Nussbaum said the stops were removed to improve safety at the notorious pinch point.

He wants OC Transpo to install an extra eastbound stop on St. Patrick bridge, but it's not likely until 2017.

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Summer's brews almost gone

ALCOHOL

Seasonal craft favourites set to leave shelves

Time is running out to enjoy these summer beers. COURTESY MARC DOUCETTE

A couple of years back, Toronto's beer author and historian, Jordan St. John, predicted a swing of the pendulum towards high-flavour, low-alcohol beers. The man has a gift. Thankfully, he uses his prophetic talents on the world of beer. There have been some exceptional tasty low alcohol by volume (ABV) beers available this summer. Below are few highlights I would humbly recommend.

Great Lakes Brewery knocked this style outta the park with their Sunnyside Session IPA. This beer rolls in at an agreeable 3.9 per cent, yet packs a hop-forward punch that craft beer enthusiasts have come to expect from an IPA. The low ABV allows revellers to enjoy this brew out in the sun or at the barbecue without sacrificing personal dignity. It has been widely available in Ottawa through the LCBO all summer but won't last much longer.

Big Rig Brewery's Bongo tackles the near-beer style of radler. For the brunch crowd, this is beer's answer to the mimosa. This 3.2 per cent brew uses real grapefruit juice combined with a lager base. They earn style points for adding just a dash of ginger to cut some of the sweetness.

Tooth and Nail Brewing's aptly named Discretion Belgian table beer is the perfect companion for mowing the lawn. Historically, when water quality was suspect (or downright dangerous), this beer was brewed for children. Not that I'd suggest this is appropriate in 2016, but the 3.5 per cent puts this brew in the featherweight category. A flavour profile laden with flowers, dried fruit and berries won't allow you to describe this pink-hued brew as weak. Brewer Matt Tweedy describes the beer succinctly: "Sometimes you want to get the refreshment without the buzz, but you still want flavour."

Beau's All Natural Brewery has a gruit (an ancient pre-hops form of beer) for the warm weather named Buenos Dias, wrapped in an attractive award-winning label. This light (4.5 per cent) and fruity brew is a potential staple for the picnic cooler. Brian O'Donnell, Beau's head brewer and creator of this recipe, weaves a tale that would make Jimmy Buffett smile: "Buenos Dias was inspired by a sunshine-y afternoon I spent sipping margaritas. It works well as a warm weather beer due to its dry, tart finish and fruity flavours. The light body also helps it go down easy." What he said!

The strongest brew in this rundown, Dog and Pony Brewlab's Dandy saison, made a big splash earlier this summer. The beer's flavour profile began with the concept of lemon sorbet and the team worked backwards from there to create this unique brew. This bright and refreshing beer is brewed with Meyer lemons, which provide a sweet and tangy bouquet, while the yeast provides a drying and crisp finish. While you should hurry down to Local Union 613 to sample this unique in-house brew, be aware the next beer, Gose-Coloured Glasses, is another sunny beer, brewed with rhubarb, best sampled in the summer.

Hopefully your last few weeks of summer are enjoyed with some delicious, and seasonally-appropriate, craft beer!

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5 THINGS TO DO IN OTTAWA THIS WEEKEND

Break out the rainbows for Pride and bring on the tears for the Tragically Hip. There's a lot going on in Ottawa this weekend.

HALEY RITCHIE METRO

1 Pride Weekend (all weekend)

Bring out the glitter and the rainbows: this Sunday is the Capital Pride Parade. The parade kicks off at 1 p.m. on Sunday at Gladstone and Bank, and carries on west to Kent Street, north to Laurier, east to Bank and south all the way back to the start. There's plenty of other events being organized as well: Colour the Streets on Friday at 7 p.m. at 338 Somerset West gathers the LGBTQIA racialized, black and indigenous community for a DJ, food and vendors. Also on Friday, the Trans March returns to Ottawa at 6:15 p.m. at McNabb Park in Centretown. Ottawa's Dyke March will take place Saturday at 6 p.m. in front of the Human Rights Monument.

2 Tragically Hip (Saturday)

The Tragically Hip have already played their final Ottawa show but the band's last-ever concert will take place in Kingston on Saturday night. If you don't have tickets don't despair — it'll be streamed around the country and you can view it live with other fans around the city. There will be open-air showings in Parkdale Park at 8:30 p.m. and Dovercourt sports field at 8:30 p.m. Bars streaming the event include The Red Lion Public House, D'Arcy McGees and Sens House.

3 Bluegrass Festival

Are you feeling a bluegrass road trip this weekend? If so, head to the Spencerville Fair Grounds in South Grenville from Aug. 18-21. The event is the official celebration of bluegrass in the Ottawa Valley and features Ontario bands including The Northern Sons, Country Road 44, Grenville Grass and The Lost and Found. Advance tickets are $55 for the weekend. Day passes vary from $10 to $30.

4 Professional Bull Riding (Saturday)

Not something you see every day in Ottawa: on Saturday TD Place will host professional bull riders for a two-hour show starting at 7:30 p.m. Cowboys will be doing their very best to stay atop a bull for eight seconds while being awarded points by a judging panel. Cash prizes totalling $25,000 are on the line. Tickets start at $25.

5 Queen Bee Party (Saturday)

Celebrate international honeybee day at the Canadian Agriculture Museum. From 9 a.m. to 5 p.m. the farm will be buzzing with information about bees, honey and relaxation. Activities include beehives on site, handmade honey ice cream, crafts, yoga, cooking demos, tea and honey and workshops on the healing power of honey. Admission to the museum is $10 for adults and $7 for children under 12.

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Orléans athlete golden at Transplant Games

SPORTS

Staff at Ottawa Hospital encouraged him to compete

Anthony Parsons won five medals at the Canadian Transplant Games in Toronto, including in the triathlon cycling event. CONTRIBUTED

Orléans resident Anthony Parsons has returned from the Canadian Transplant Games with five medals — four of them gold.

Parsons, 34, competed in the swim, bike and run events of the triathlon, the 100-metre freestyle swim, 1,500-metre run, and swim relay event at the competition in Toronto Aug. 8 to 13. He won gold in everything except the freestyle swim event, where he had to settle for a silver.

He received a donated kidney from his brother five years ago, and promptly got back to his active and competitive lifestyle, running marathons and competing in Ironman triathlons.

His nurses at the Riverside campus of the Ottawa Hospital encouraged him to consider competing in the Transplant Games, knowing he often ran the 12 kilometres from the Bradley Estates home he shares with his wife and daughter to the hospital for his check-ups and then ran his way back home again.

He entered the games in the events he focuses his triathlon training on, but the games had something for everyone.

There were senior-aged athletes competing in bowling, and small children who had transplants giving it their all in simple track and field events such as long jump and softball throw. Competitors were divided into age groups.

Having had a kidney transplant means Parsons has to take 15 pills a day, including medication to suppress his immune system.

All the medications affect his training and recovery, and everyone at the games is affected from their transplants in different ways, he said.

TRANSPLANT COMMUNITY

Parsons said at first, he didn't like talking about transplants all the time.

He said his attitude changed as the week went on, and he grew to enjoy the conversations about different post-transplant medications and tests.

"I thought, 'I don't belong here, I'm not sick,'" he said. "But it changed my perspective. By the last day, I thought, 'I never want to leave.'"

The games help celebrate the full lives that transplant patients can live.

"People can live a normal life, and then some," he said. "It shows they're not stuck at home being couch potatoes."

He said if he hadn't received a kidney transplant, he probably wouldn't be alive today — let alone competing in triathlons.

WORLD GAMES

Based on his times at the Canadian games — which had a range from recreational to competitive athletes — Parsons qualified for the World Transplant Games in Spain in June, 2017.

He'll compete in the triathlon — which will be held as one event in Spain, rather than three separate events with the times added together as it was in Toronto.

So, instead of registering for the annual Ironman in Tremblant next summer, he's changing his training and focusing on training for the World Transplant Games sprint triathlon distances.

The uber-competitive Parsons will work with his coaches on more sprinting, shorter distances and starts in the pool.

"If there's a start line and a gun and someone saying, 'ready, set, go,' I'm all in," he said. "I'm definitely going in 100 per cent. The (sentiment) is really to raise awareness for organ donation, but by doing so, I'm going to represent my country the best I can."

BRIER DODGE/METROLAND MEDIA

ONE YOUNG WORLD

Cher brings star power to global youth summit

Emma Jackson
Metro | Ottawa

Cher is coming to Ottawa, but she's leaving her greatest hits behind for a more noble cause.

Mayor Jim Watson announced Thursday that Cher will be one of dozens of summit "counsellors" participating in the 2016 One Young World summit, which rolls into the nation's capital Sept. 28.

The summit will bring 1,300 youth delegates from 196 nations together to discuss global issues like education, human rights, peace and security and environmental issues.

The forum is guided by a long list of counsellors who range from musicians and Olympic athletes to human rights heavyweights, activists and global CEOs.

Former UN Secretary General Kofi Annan is on the list, as well as several former presidents from Ireland and Latin America.

Ottawa's own Harley Finkelstein, chief operating officer at Shopify, will offer his insights along with Canada's first astronaut and current Transportation Minister Marc Garneau, former Truth and Reconciliation Commission chairman Murray Sinclair and WE Day co-founder Marc Kielburger.

"It's the strongest lineup of councillors that One Young World has actually ever seen," Watson said.

But the young delegates will be the true stars of the show, Watson predicted.

"I think you'll be very impressed when you hear some of the young leaders who come and speak on some very emotional, important and timely issues that our world is facing," he said.

The summit is also a chance to showcase the city mere months before Ottawa jumps into its "big year" celebrating Canada's 150th birthday in 2017.

"It will be giving Ottawa the kind of exposure, from a tourism point of view and economic development point of view, we just couldn't afford to pay for on our own," Watson said.

About 100 Canadian delegates will take part, including up to 30 from the Ottawa area, according to One Young World Canadian director Antoine Pouliot.

Cher is slated to participate in the One Young World summit. CHARLES SYKES/INVISION/AP FILE

EDUCATION

Teacher says his remarks got him suspended

Joe Lofaro
Metro | Ottawa

For the first time in 22 years, William H. Lister will not be returning to class at Merivale High School in September to greet his students for another school year.

The beloved math teacher and hockey coach says he is being suspended for expressing himself about "male underachievement" at the west-end school and being sent to another school in the fall.

"I took it pretty hard, to tell you the truth. It was very upsetting," he said.

Lister — who teaches Grade 10, 11 and 12 students — said he received a notice in mid-June about the suspension, but hasn't been told where he will be teaching.

He said can't discuss specific details about the incident because the school's union is probing the suspension, but he said he wasn't surprised by what happened to him.

"It looks like I don't exactly fit the politically correct narrative. That's about all I can tell you," he said.

"I'm the kind of guy that if I see an injustice, I like to speak up. If I see a group of students not doing well, I'll speak up."

As the new school year approaches, he said he was simply acting in the students' best interests by expressing his opinion.

"I don't want to put Merivale down. Merivale's a good school," he said.

"Every school's got room for improvement. I want to improve it. That's my goal."

Dozens of people are now rallying behind him by signing a petition created by one of his former students, Peter Freeth.

"I want his story to be heard. I talk to him still. He's in so many of our lives still. He's interested in how we're doing and how we're succeeding in life," said Freeth.

One of his supporters wrote: "Lister is someone who brings a smile to your face, he takes his time to talk to you one on one to make sure (you're) doing okay inside and out of school."

The Ottawa Carleton District School Board confirmed Lister is being transferred in September, but did not answer several questions posed by Metro, citing privacy reasons.

"The school district cannot comment on specific questions relating to the employment history of individual teachers as that is personal information and is subject to the Municipal Freedom of Information and Protection of Privacy Act," the board said in an email statement.

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Mayor Jim Watson said Thursday that any police officers upset with Chief Charles Bordeleau are free to leave. EMMA JACKSON/METRO

Mayor dismissive of officer morale

CITY COUNCIL

If you don't like it, quit, says mayor

Emma Jackson
Metro | Ottawa

Mayor Jim Watson stood by Ottawa Police Chief Charles Bordeleau Thursday after another member of the force spoke out against him, suggesting anyone not happy in their job is free to quit.

"If they're that outraged in principle … they're not being handcuffed to a desk, they can leave," Watson said.

Internal frustration with the chief first came to light in March, when Const. Paul Heffler sent a letter to his colleagues criticizing senior staff for treating officers like "dime store security guards."

Since then, the union and several other members — including a senior officer who spoke to the Ottawa Citizen this week — have spoken out about low morale in the force.

But Watson dismissed the notion that the feeling is widespread.

"I think the vast majority of police officers enjoy working in this city," Watson said. "I talk to a lot of police officers and they tell me, 'Ignore the chatter.'"

"Tired of getting sued"

The mayor also addressed plans to close off the Prince of Wales interprovincial rail bridge over the Ottawa River.

Responding to a growing outcry from residents who trespass to reach Quebec or watch the sunset, Watson said there are other, legitimate bridges they can use without putting themselves or the city at risk.

"It's not just a public safety issue, it's a liability issue," Watson said. "I'm getting tired of the city getting sued."

City manager Steve Kanellakos said in a memo it would cost $10.5 million to turn the bridge suitable into a multi-use pathway. Watson said the long-term plan is to save the bridge for a transit link to Gatineau.

> **They're not being handcuffed to a desk, they can leave.**
> Mayor Jim Watson

Tunnel the "only viable solution"

A $2-billion truck tunnel under Lowertown and Sandy Hill is the only way to get trucks out of the downtown core, Watson said.

A feasibility study released Wednesday showed the tunnel is technically possible, but could cost billions.

Watson said it's the city's only choice if it wants to solve the decades-old issue without "eviscerating" an east-end neighbourhood.

The next step is to ask the federal and provincial governments to cost-share an environmental assessment, he said.

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Video footage showing Aaron Driver is seen behind RCMP Deputy Commissioner Mike Cabana, left, and Assistant Commissioner Jennifer Strachan during a press conference in Ottawa on August 11. JUSTIN TANG/THE CANADIAN PRESS

Mounties tight-lipped on terror plot

INFORMATION

Aaron Driver investigation shrouded in secrecy

The RCMP has thrown a cloak of secrecy over many of the details around its Aug. 10 takedown of alleged terrorist Aaron Driver, saying investigations are ongoing.

In the immediate aftermath of the incident senior RCMP commanders provided a few key pieces of the story but put off many questions. They said investigations into a "still unfolding event" had not been completed.

But the Mounties were clear last week they had no information that Driver had any accomplices in what they said was a plan to cause mass casualties in an urban centre with a homemade explosive device.

One week after his death, the Mounties remain tight-lipped.

Cab driver Terry Duffield, who was injured in the event, is demanding answers to his questions.

Duffield spoke out Thursday to say the police put his life in danger by failing to warn him as he waited in the driveway for the 24-year-old to emerge from his sister's home in Strathroy, Ont.

"Why did the police put my life jeopardy? They did absolutely nothing to help me at any time," Duffield told the London Free Press.

The RCMP did not respond to a request Thursday for comment on Duffield's concerns.

The RCMP also declined repeated requests over the past few days for information about the status of the investigation into what explosive material Driver had amassed, and how and where he obtained the material. The investigation is being led by RCMP forensics and explosives experts, said assistant commissioner Jennifer Strachan last week.

At the time of his death, Driver was subject to a peace bond that restricted his Internet and cellphone communications and banned him from possessing or acquiring any firearms, ammunition, prohibited devices or explosive substances.

Sgt. Harold Pfleiderer said by email, "We won't be commenting on an ongoing investigation and, of course, the details you are looking for would fall into that."

He would not reveal whether the investigation into Driver's acquisition of explosives was complete.

The RCMP also declined a request for clarification of the source of information that last week the Mounties said indicated Driver's unspecified threat would target an urban centre.

Last week, at an Ottawa news conference, deputy commissioner Mike Cabana, in charge of federal policing, said the RCMP received "credible information from the FBI including a martyrdom video" that the attack was imminent. TORSTAR NEWS SERVICE

VANCOUVER

Canadian filmmaker wins Kevin Spacey award

David P. Ball
Metro | Vancouver

Mary Galloway will never forget the day she received a call from the foundation of one of her filmmaking heroes, House of Cards creator and star Kevin Spacey.

For one, the First Nations actor learned she'd been shortlisted to become the first-ever Canadian filmmaker ever to win the Oscar- and Golden Globe-winning actor's "Artist of Choice" award — and with it professional mentorship and $10,000 towards her upcoming film about a First Nations nanny in the 1970s.

Mostly, however, she was shocked to discover that Spacey would be hand-picking the winners himself for his emerging artists fellowship, from roughly 2,000 applicants.

"I was just speechless. I still haven't stopped smiling about it."

Galloway — an acting grad of Vancouver's New Image College of Fine Arts — submitted for his consideration Unintentional Mother, a short film she wrote in which she'll portray a young First Nations nanny forced to choose between loyalty and escaping abuse from her father.

Originally from Qualicum Beach, Galloway is Coast Salish and her directorial debut will unite two of her professional passions: writing memorable characters she can act on screen and "showing First Nations girls they can do what they want."

Mary Galloway
DAVID P. BALL/METRO VANCOUVER

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HAITI

Cholera victims need more, UN admits

The United Nations says it needs to do "much more" to address its own involvement in the introduction of cholera to Haiti and the suffering of those affected, estimated at more than 770,000 people.

Researchers say there is ample evidence that cholera was introduced to Haiti's biggest river in October 2010 by inadequately treated sewage from a UN peacekeeping base. The United Nations has never accepted responsibility, and has answered lawsuits on behalf of victims in U.S. courts by claiming diplomatic immunity.

UN deputy spokesman Farhan Haq's statement referring to the UN's "own involvement," which was sent to The Associated Press on Thursday, came a step closer to an admission of at least some responsibility and was welcomed by lawyers for the victims.

"This is a major victory for the thousands of Haitians who have been marching for justice, writing to the UN and bringing the UN to court," said Mario Joseph, a Haitian human rights attorney whose law firm is leading a high-profile claim on behalf of 5,000 cholera victims who blame the UN for introducing the disease.

"It is high time for the UN to make this right and prove to the world that "human rights for all" means for Haitians too," he said.

Haq said in the statement that the United Nations has been considering a series of options, and "a significantly new set of UN actions" will be presented publicly within the next two months. It was first reported by the New York Times.

Five UN human rights experts criticized the United Nations in a letter to top UN officials late last year for its "effective denial of the fundamental right of the victims of cholera to justice." THE ASSOCIATED PRESS

IN BRIEF

Shield your eyes

It's Donald Trump like he's never been seen before.

Life-size naked statues of the Republican presidential nominee greeted passers-by in New York, San Francisco, Los Angeles, Seattle and Cleveland on Thursday. They are the brainchild of an activist collective called INDECLINE.

The collective said the hope is that Trump "is never installed in the most powerful political and military position in the world." THE ASSOCIATED PRESS

A child sits in an ambulance after being pulled out of a building hit by an air strike on Wednesday in Aleppo, Syria. ALEPPO MEDIA CENTER VIA THE ASSOCIATED PRESS

Omran's image shocks world

AIR STRIKES

Boy brings to mind drowned Syrian refugee Alan Kurdi

The Russian military said Thursday it was ready to back a United Nations call for weekly ceasefires for Syria's contested city of Aleppo, as haunting footage of a young boy's rescue from the aftermath of an air strike shook global media.

The image of the stunned and weary-looking boy, sitting in an ambulance caked with dust and with blood on his face, captured the horror that has beset the war-torn northern city as photographs of the child were widely shared on social media.

An hour after his rescue, the badly damaged building the boy was in completely collapsed.

A doctor in Aleppo identified the child as 5-year-old Omran Daqneesh. He was brought to the hospital, known as "M10," on Wednesday night, following an air strike by Russian or government warplanes on the rebel-held neighbourhood of Qaterji, said Dr. Osama Abu al-Ezz. The boy suffered head wounds but no brain injury, and was later discharged.

Rescue workers and journalists arrived shortly after the strike and described pulling victims from the rubble.

"We were passing them from one balcony to the other," said photojournalist Mahmoud Raslan, who took the dramatic photo. He said he had passed along three lifeless bodies when someone handed him the wounded boy. Raslan gave the child to a rescue worker, who rushed him to the ambulance.

Eight people died in the strike, including five children, according to a doctor who gave only his first name, Abo Mohammadian. Many doctors working in Aleppo's opposition areas do not give their full names for fear of reprisals against their relatives in government areas.

A nurse who treated Omran said "he was in a daze."

"It was as if he was asleep. Not unconscious, but traumatized — lost," said Mahmoud Abu Rajab.

Medical workers feared internal injuries, but an X-ray and an ultrasound revealed his wounds were superficial. Abu Rajab stitched up the child and wrapped his forehead and left eye in a bandage.

> "It was as if he was asleep. Not unconscious, but traumatized — lost." Mahmoud Abu Rajab

Omran's three siblings, ages 1, 6, and 11, and his mother and father were also rescued from the building. None sustained major injuries.

In the video posted late Wednesday by the Aleppo Media Center, a man was seen carrying Omran away from the chaotic nighttime scene and into an ambulance. Looking dazed, the boy ran his hands over his blood-covered face, then wiped them on the orange ambulance chair.

The powerful imagery reverberated across social media, drawing to mind the anguished global response to the photos of Alan Kurdi, the drowned Syrian boy whose body was found on a beach in Turkey and came to represent the horrific toll of Syria's civil war. THE ASSOCIATED PRESS

A wildfire east of Los Angeles spread fast Wednesday, threatening more than 82,000 people and prompting the governor of California to declare a state of emergency. AFP/GETTY IMAGES

NATURAL DISASTER

Firefighters try to protect homes

Air tankers bombarded rugged slopes with fire retardant Thursday and a squadron of helicopters dropped load after load of water to corral a destructive wildfire threatening mountain homes 60 miles east of Los Angeles.

On the ground, firefighters and bulldozers worked to protect the ski town of Wrightwood and other areas high in the San Gabriel Mountains.

Authorities estimated that only half the 4,500 residents of Wrightwood heeded evacuation orders.

The fire has blackened more than 49 square miles and was just 4 per cent contained, with more than 34,000 homes and some 82,000 residents still under evacuation warnings three days after it erupted in hot, gusty conditions and spread with extraordinary speed.

After five years of drought, California's wildlands have seen a continuous streak of destructive and sometimes deadly fires this year.

The dry vegetation is like firewood, said fire information officer Sean Collins.

"It burns that much quicker, that much hotter. The rate of travel is extremely fast," he said.

Fire officials indicated there were significant property losses but had yet to release a tally, leaving those who fled waiting to find out whether their homes were standing. THE ASSOCIATED PRESS

MONEY LAUNDERING

Watchdog probing fintech weaknesses

The director of Canada's anti-money laundering watchdog says the agency is studying how vulnerable certain emerging technologies, such as those being pioneered by so-called fintech startups, are to financial crime.

Gerald Cossette says it's important for the federal government to encourage innovation by emerging financial technology companies.

But, he adds, Ottawa must balance that with the need to protect the integrity and stability of the financial system.

Cossette says many fintech startups — for example those that deal with currency exchange or sending cash — may not realize that they are required to register with Fintrac, the anti money-laundering agency, as money services businesses.

The definition of a money services business was expanded in 2014 to include companies that deal with virtual currencies, and the Finance Department is working on regulations to specify which virtual currency activities will be covered.

While some innovations are actually new takes on existing technologies and business models, others have been "more revolutionary in nature," says Cossette.

> **We are assessing the vulnerabilities of these new technologies to criminal exploitation.**
> Gerald Cossette

"In these cases there are some concerns that new entrants and technologies are disrupting traditional trusted intermediaries and existing business models, ultimately challenging Canada's existing regulatory paradigm," he says.

"We are assessing the vulnerabilities of these new technologies to criminal exploitation, such as how they can be used in trade-based money laundering, for which mechanism and detection techniques are not as well understood as they should be," he says.

THE CANADIAN PRESS

IN BRIEF

Celebrity gossip website Gawker.com closing

Gawker.com is shutting down next week after 14 years of operation, the celebrity gossip website announced Thursday. This follows a successful Univision $135 million US bid to buy six other websites owned by its parent company, Gawker Media. Staffers were told of the demise by Nick Denton, the outgoing CEO, Thursday afternoon.

TORSTAR NEWS SERVICE

market minute

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78.33¢ (+0.55¢)

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OIL
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GOLD
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NATURAL GAS: $2.67 US (+5¢)
DOW JONES: 18,597.70 (+23.76)

The Canadian National Exhibition is hoping to resurrect a bit of history this year by running the Innovation Garage, which will showcase some of the latest inventions. TORSTAR NEWS SERVICE

Exhibition going back to its roots

TORONTO

Annual fair to once again showcase innovations

For decades, the end-of-summer ritual of visiting the Canadian National Exhibition was also the only chance for fairgoers to catch a glimpse of the newest gadget or product due to hit the market.

In 1888, Canadians got their first look at the telephone as well as Edison's phonograph. In 1929, G.H. Wood showed off liquid soap. In 1939, RCA Victor unveiled the television. In 1958, a forerunner to the microwave was on display.

"I remember my father looking at cars covertly because my mother didn't want one," said CNE president Brian Ashton. "I think our family's first colour television set came from the CNE. It was a place where products were showcased."

But in recent years, Ashton said the idea of going to the CNE to see the latest and greatest has waned. That's why the Ex is hoping to resurrect a bit of that history this year by running the Innovation Garage. The garage, which runs from Friday to Sunday, will feature some products for sale, while others are only in the development age.

"With the 21st-century economy, products are always in their infancy. They are evolving," said Ashton, adding this is a chance for companies to reach out to the broader public.

Richard Lachman, a professor in the Faculty of Communication and Design at Ryerson University, a partner in the Innovation Garage, says the exhibits are a chance for public to connect with innovators.

"Innovation is about making it and getting out in front of people," he said, instead of working on something for five years and spending all your money to discover it doesn't work or won't sell.

"You don't design for other people. You design with them," said Lachman.

TORSTAR NEWS SERVICE

Platform for new ideas

Some innovations at this year's Canadian National Exhibition.

Candy Cutlery: Lyn Chen, 18, and four other teens want to bring edible utensils to market. Candy spoons are aimed at the premium dessert market.

Selftraits: Participants will get a free emailed image of a 360 degree scan. They can also purchase a 3D figurine from the pose that will be shipped to them.

ZooShare: The non-profit will be showing off plans to build a biogas plant across from the Toronto Zoo, paying the zoo for poo from animals as well as a grocery chain for food waste.

Little Storybook: Children can write and draw their own storybook, and make them come alive, using augmented reality.

TORSTAR NEWS SERVICE

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metro SCIENCE

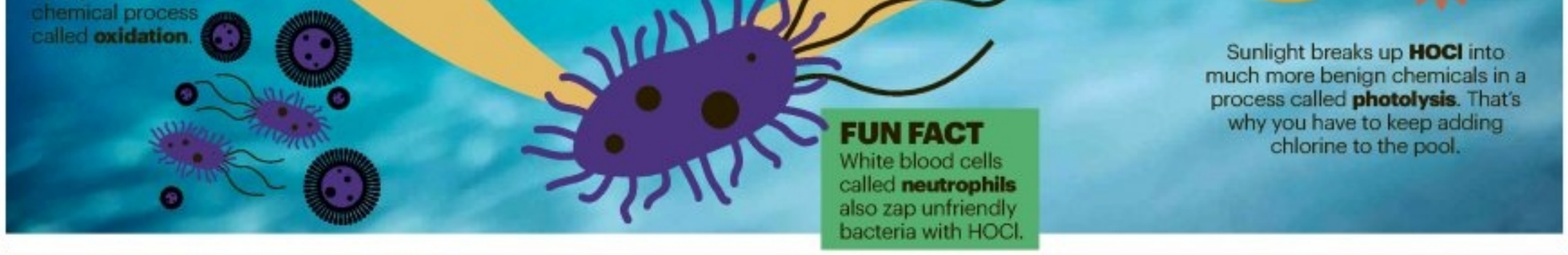
Your essential daily news

Too many video games? A new study suggests millennials 20-34 have a weaker hand grip than older generations.

DECODED by Genna Buck and Andrés Plana

UNDER THE SURFACE OF POOL SAFETY

Nothing is better than a summer swim — but if there's no lake or ocean near you, there's a good chance you'll be splishing and splashing in chlorine. The somewhat stinky chemical is necessary to kill harmful bacteria. There's also a good reason for the rule about taking a shower before swimming, even though it's tempting to skip that step and dive right in. **Here's why.**


When pure chlorine (a reactive, greenish-yellow gas) is added to water, a reaction happens:
Cl_2 (chlorine) + H_2O (water)
become
Cl^-
H^+
HOCl (hypochlorous acid)
Hypochlorous acid is bacteria's worst enemy. It's also the active component of household bleach.
HOCl steals proteins' electrons, messing with their complex chemical structures and scrambling them irreversibly.
HOCl kills bacteria in part by attacking their proteins, in a chemical process called oxidation.
FUN FACT
White blood cells called neutrophils also zap unfriendly bacteria with HOCl.
HOCl + sun
Sunlight breaks up HOCl into much more benign chemicals in a process called photolysis. That's why you have to keep adding chlorine to the pool.
STINKY POOL FACTS
GROSS: When nitrogen-containing compounds in sweat, urine and dirt react with HOCl, they form pungent, irritating chemicals called chloramines.
So if you're swimming somewhere that reeks of chlorine, it's not an excess of pool chemicals you smell — it's you.

FINDINGS
Your week in science

ISTOCK

MOUSE MICROBES
Scientists think they've nabbed the smallest culprit in the reproducibility crisis. Differences in bacteria living in the guts of lab mice seem to account for some differences in results of identical studies.

FIFTH FORCE?
A team of Polish scientists minding their own business, chucking protons at sheets of lithium to look for signs of dark energy, say they've found something far more interesting: A new, super-light subatomic particle. Its existence, if confirmed, would imply an additional type of force in the universe aside from the fundamental four we know.

SOUND SMART

DEFINITION
Stoichiometry is the precise calculation of reactants and products in a chemical reaction. Using **stoichiometry**, scientists balance chemical equations so they're equal on both sides. That's because matter cannot be created or destroyed.

USE IT IN A SENTENCE
Deborah's **stoichiometry** was off. She put too much baking soda in her volcano and her "lava" ended up all over the floor.

CITIZEN SCIENTIST by Genna Buck

Beware of beauty science

How can I tell if beauty product claims are legit? — E., Ottawa

Here's what I do: I look at the label, then pop the name of the active ingredient into Google Scholar with the words "systematic review," to see if it's among the few (like retinoids, a wrinkle remedy), supported by research.

But usually I don't find much. That's because B.S. (beauty science) is rife with exactly what its acronym implies.

Beauty bafflegabbers — bloggers, estheticians, women's magazines, salespeople, even my more cosmetic-savvy friends — can be very convincing with their "facts." They say "You need this, it's good for you," so confidently, and they always look impeccable, and beauty noobs like me can easily be taken in.

But lately I've been pushing back and asking these B.S.ers "What's the evidence for that?"

Their evidence typically consists of appeals to authority and/or celebrity (dermatologists/Chinese healers/Angelina Jolie use this), and vague assurances the product is "clinically proven."

Well, a 2013 study showed more than 80 per cent of claims in beauty ads are either false or so vague they're meaningless. Don't even get me started on clinical studies of cosmetics: They rarely include more than a handful of participants, are done in-house by the companies themselves, and wilfully use biased methodology.

There's only one way to navigate this minefield of B.S. Brush up on your science vocab. I recently re-watched Crash Course Chemistry and Crash Course Biology on YouTube (I forget everything I learned in university). And suddenly I've been noticing flagrant misuse of technical terms everywhere. Example: A wrinkle-care mask that exclaims "formulated with peptide!" on the label.

Peptides are chains of amino acids — a.k.a. the fundamental building blocks of proteins, and therefore all living things. You'd be better off laying a slice of roast turkey on your face.

Science Question?
Tweet @genna_buck

PHILOSOPHER CAT
by Jason Logan

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MOVIES MUSIC TELEVISION DIGITAL

Ben-Hur's chariots of ire

ANALYSIS

Filming that famous scene throughout movie history

Richard Crouse
For Metro Canada

Ben-Hur director Timur Bekmambetov compares the legend of a Jewish prince falsely accused of treason by his adopted Roman brother to Romeo and Juliet, Hamlet "and any story written by Chekhov."

Ripe with betrayal, revenge and redemption but shaded with love and compassion, Bekmambetov says the story of Ben-Hur is "timeless."

"The conflicts the characters experience are as relatable today as they were in Roman times or 1880, when Lew Wallace wrote the novel. It's human nature and that doesn't change," says producer Sean Daniel.

The human story is the engine that propels the Ben-Hur narrative, but throughout film history it's the tale's chariot race that entertains the eye. In version after version the showdown between the hero and his duplicitous brother is the centerpiece of the action.

This weekend Bekmambetov's big-budget version of the story stars Jack Huston as Judah Ben-Hur and yes, there is a chariot race. "It was very, very dangerous work," the director says of the scene that took 45 days to shoot and featured 90 trained horses. Each chariot was attached to four horses and could reach speeds of 65 to 70 km/h. "There's no suspension," says Bekmambetov. "It's shaky, it's vibrating. The horses are snorting around you, behind you. It's absolutely unprotected. You feel like you're in the hands of fate."

No animals were harmed during the shooting of Bekmambetov's chariot race and, remarkably, the only human injury was a broken arm. Historically, however, shooting the chariot scenes has been fraught with problems.

Toronto-born director Sidney Olcott's 1907 silent version focused on the race. Shot on a beach in New Jersey with local firemen as the charioteers and firehouse horses pulling the chariots, the scene was lifted directly from the novel, which triggered the first major copyright infringement case in movie history. It wasn't standard practice to ask the author's permission before adapting their work, but after Ben-Hur the Supreme Court decreed film companies must obtain rights to previously published work.

According to an MGM memo 1925's Ben-Hur A Tale of the Christ's chariot sequence took 42 cameras and two months to shoot at a cost of $500,000. The result was 60,960 metres of film which was whittled down to 228.6 metres. The completed sequence was named the Most Edited Scene of all Time by The Guinness Book of World Records and was copied, almost shot-for-shot in the animated film The Prince of Egypt and in the pod race scene from Star Wars: Episode I – The Phantom Menace.

The spectacular scene featured thousands of extras, including William Wyler, who would go on to direct the most famous version of the story, the 1959 movie starring Charlton Heston.

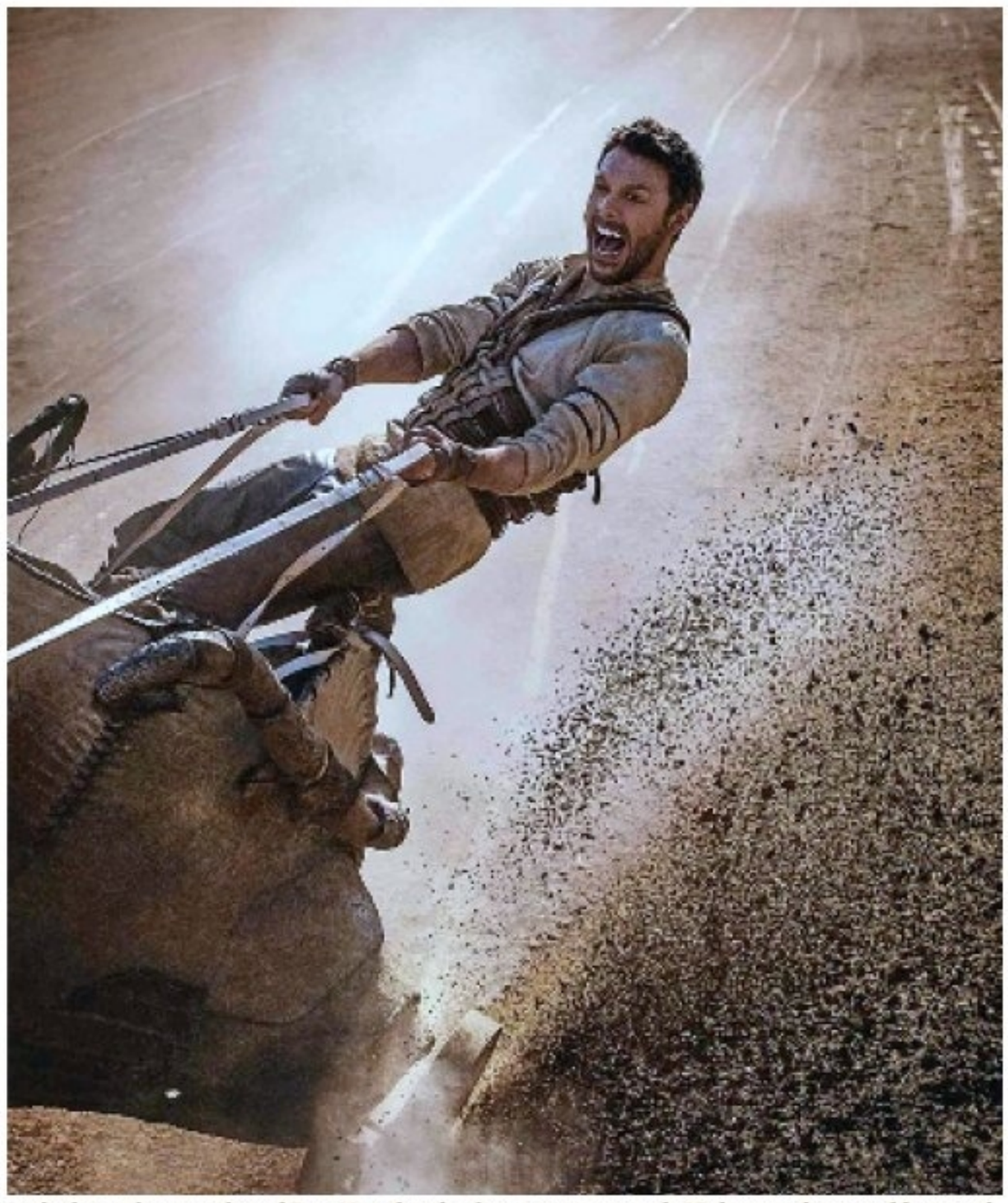
Legend has it that a stuntman was killed during the shooting of the Wyler's legendary sequence but according to Snopes.com the rumour is false. In fact it was 1925 shoot that claimed the life of a stuntman who was killed when his chariot wheel broke and he was thrown in the air.

On Wyler's set a stuntman was injured when his chariot overturned and two other horse drawn carts crashed into a bank of cameras but no one was hurt. Later, when Heston, who did most of his own driving in the scene, was asked if he liked shooting the scene he said, "I didn't enjoy any of it. It was hard work."

MOVIE RATINGS by Richard Crouse

War Dogs	★★★
Hell or High Water	★★★★
Kubo and the Two Strings	★★★★
Ben-Hur	★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT



In the latest incarnation of Ben-Hur, the chariot race scene took 45 days to shoot and featured 90 trained horses. Jack Huston plays Judah Ben-Hur. CONTRIBUTED

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Jonah Hill as arms dealer Efraim Diveroli in War Dogs. "I try to approach it from a therapeutic point of view," he says of playing real-life people. "Get into the psychology of why people behave the way they do." CONTRIBUTED

How to channel an arms dealer

INTERVIEW

Jonah Hill had homework to do to play Efraim Diveroli

Richard Crouse
For Metro Canada

By definition the term 'war dogs' refers to "bottom feeders who make money off war without ever stepping foot on the battlefield."

In the new film War Dogs Jonah Hill plays Efraim Diveroli, a true to life 20-something arms dealer who fits that description to a tee.

"You try to understand why someone would end up like that," Hill says when I ask how he got inside the head of the fast-talking character. "It might be a combination of wiring, lack of empathy, ego and insecurity and obsessiveness. I don't know. I try to approach it from a therapeutic point of view. Get into the psychology of why people behave the way they do. Probably most actors do that."

He wasn't able to meet the real-life Diveroli but he was able to piece together the character without a face-to-face.

"I would always prefer to meet the person but if someone was playing me in a movie I would give them the best version of myself. A lot of times when you meet the person you end up having to be a really good editor, choosing what to include, but always I found meeting the people around them ends up being more helpful to me because they are giving you a warts-and-all portrayal of the person at that time."

Hill found that version of Diveroli from many sources.

"I had a lot of help," he says. "I got to meet David, who Miles (Teller) plays, and a few people who knew Efraim at that time. The biggest key was that they are from Miami and Miami culture is very specific. There is a very big sense of the American dream there, in a positive and negative way. There's a big immigrant culture. People from Cuba and Haiti end up in America for the first time through Miami. Efraim is a corruption of that (American) dream."

A lot of times Wall Street bros will come up to me as if the movie is their Goodfellas or Scarface
Jonah Hill, on how people misinterpret his morally ambiguous characters

In the film Efraim is a self-described "Ugly American," a borderline sociopath for whom belligerence is a default setting.

The unhinged nature of the character and Hill's venal glee in playing up the worst in human nature keeps War Dogs interesting but some audience members see it differently.

Recently a crew of South African arms dealers approached Hill in a restaurant after seeing a trailer for War Dogs.

They were impressed and wanted to high five the actor. He says the same thing happened after he made Wolf of Wall Street, another film where he played a morally ambiguous character who struck a chord with the very people it was satirizing.

"A lot of times Wall Street bros will come up to me as if the movie is their Goodfellas or Scarface. People see what they want to see. It is a little scary sometimes when people misinterpret."

He describes the run in with the arms dealers as "uncomfortable."

"You don't want to make it an overly uncomfortable environment while that is happening," he says, "but you also don't want to lie and be dishonest that you are agreeing with them. You don't want to make them feel bad about their misinterpretation. It's an unusual an awkward situation to be sure. In the end, we all want to be seen as heroes in our own story, I guess."

FILM BRIEF

West to return as Batman in new animated film
Adam West and Burt Ward are reprising their respective roles as Batman and Robin, but they won't have to don tights this time around. The actors are voicing the characters in the animated film Batman: Return of the Caped Crusaders out this fall. Julie Newmar will also return as Catwoman.

The movie's colorful style will recall the campy esthetic of the 1960s live-action Batman TV series starring West and Ward. THE ASSOCIATED PRESS

"THE BEST ANIMATED MOVIE OF THE SUMMER

AND ONE OF THE VERY BEST FILMS OF THE YEAR. **COMPELLING, EXCITING, FUNNY,** AND **DEEPLY MOVING** IN EQUAL DOSES."

Scott Mendelson, Forbes

★★★★

"EXQUISITE AND ENCHANTING."

Raakhee Mirchandani, New York Daily News

"A MASTERPIECE."

David Ehrlich, IndieWire

STARTS TODAY CHECK THEATRE DIRECTORY FOR THEATRES AND SHOWTIMES

Travis Knight's Japanese-inspired tale follows a young boy on a quest to defeat evil spirits with a magic suit of armor. CONTRIBUTED

An impressionistic painting of Japan

INTERVIEW

Kubo and the Two Strings is stop-motion magic in film

Steve Gow
For Metro Canada

Whether it's the pressure of following in his father's famous footsteps or just sheer love of the art, Travis Knight is changing the world of animated movies with an outsider's point of view.

After all, the founder of Laika studios isn't just situated far from Hollywood in the suburban sprawl of Portland, Oregon, but with his new film Kubo and the Two Strings, the son of Nike boss Phil Knight is redefining the summer blockbuster by tapping an ancient art form most movie studios eschew — stop-motion animation.

"The thing that's unique in stop-motion is that it's handcrafted, that what you're seeing on-screen is the sum total of the will (and) skill of hundreds of artists," said Knight, who's clearly confident his handcrafted creation will flourish against Hollywood's biggest computer-effects features.

"In a world that's glossy and perfect and digital, something that has this beautiful imperfection on-screen — there's something that's special about it."

With Kubo mounting critical acclaim, Knight's Japanese-inspired story of a young boy on a quest to defeat evil spirits with a magical suit of armor not only entertains, but it's also deeper (and perhaps spookier) than most kid-friendly blockbusters.

"The goal is not to traumatize children although we've been accused of soaking a few bunk-bed mattresses in our day," laughed Knight.

> **In a world that's glossy and perfect and digital, something that has this beautiful imperfection on-screen — there's something that's special about it**
> Director Travis Knight on stop-motion

"Hopefully what we explore are some meaningful issues — things like loss and grief, and hopefully we take a little bit of the sting out of it because while the world we're creating has a nodding acquaintance to reality, its not reality — it's a stylized world."

Kubo marks the first feature the veteran animator has directed in Laika's oeuvre (which includes ParaNorman and Coraline).

While Knight insists he was always waiting to mature into the role of helmsman, Kubo's story also spoke specifically to him — having been influenced early on by a childhood trip to Japan.

"From the moment I set foot in Japan it was like I'd been transported to another world," admitted Knight who returned with a lifelong appreciation for Japanese art that he aimed to showcase in Kubo.

"It's almost an impressionist painting of Japan but like an impressionistic painting, which is not meant to capture reality, its meant to capture feeling and experience — I hope that's what we captured in this film."

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Universal Studios to launch American Horror Story-themed mazes.

The Hip guide to Kingston

FINAL STOP

Proud Kingston girl shares tips for tourists

Kristen Lipscombe
Metro | Halifax

Every good Canadian knows the members of The Tragically Hip are from Kingston, Ont., but what does the average Canadian know about Canada's first capital city?

Yeah, you read that right. Kingston is the first capital of a United Canada and home of our first Prime Minister, Sir John A. Macdonald. Want to know more about the home of The Hip, just in time for the beloved band's Kingston concert Saturday night, which caps off an emotional Man Machine Poem tour? Here's a quick insider's look at Kingston, from a proud Kingston girl now living in Halifax, but always homesick for "K-town."

History

Kingston may be a small, sometimes even overlooked locale, nestled somewhere in southeastern Ontario among the bright lights of bigger cities such as Montreal and Toronto, but when it comes to Canadian tourism, it's actually a pretty big hotspot.

For history buffs, places to see include Bellevue House National Historic Site, which is where Sir John A. Macdonald lived while serving as Prime Minister and the Cataraqui Cemetery National Historic Site of Canada, which is where the first PM now rests.

Those interested in Kingston's strong military past can stop by Murney Tower National Historic Site of Canada as well as the famous Fort Henry National Historic Site of Canada, which was built during the War of 1812.

More recently, the infamous Kingston Penitentiary, which was built in 1833 and closed down in 2013, has opened its doors for members of the public brave enough to enter. As Canada's oldest maximum-security prison, it housed some of the country's most dangerous and notorious criminals.

Where to eat

After shaking off those penitentiary cobwebs, check out the Kingston 1,000 Island Cruises, an onboard dining experience that takes you through the beautiful 1,000 Islands (and yes, that's how the salad dressing got its name).

Or if you're more the dry land type, head to gorgeous downtown Kingston, where Ontario Street runs along the waterfront and Princess Street offers plenty of shopping and restaurant options. Chez Piggy is one of the better known fine-dining restaurants, Pan Chancho and the Wolfe Island Bakery are fantastic for casual lunches, and Woodenheads has the best gourmet pizza.

Pubs such as The Toucan and the Tir Nan Og Irish Pub are great places for live music or to kick off a night on the town, while craft beer lovers should check out Stone City Ales.

Bonus stop

The Hip are well-known for incorporating spaces and places across Canada into their lyrics.

If you're looking for a lesser-known Kingston location that happens to be mentioned in a Hip song, check out Skeleton Park, officially known as McBurney Park. It was established as a burial ground in 1819, but is now a public park, its playground and various daily activities eerily taking place atop unmarked graves. Rumours about neighbours finding bones and ghosts haunting the area have long been a part of local Kingston folklore.

"In Skeleton Park / One fine summer evening / The sun teased the dark / Like the last strawberry," Downie sings on a bonus track on the We Are the Same album, released in April 2009.

"I could hear them on the breeze / Hear them moving through the trees / The ghosts of the Rideau Canal start to sing / And patting grass you said / 'Come sit next to me, by my sweetheart' / Over in Skeleton Park."

ONLINE
Be sure to look out for Kristen Lipscombe's dispatches from the last Hip show at metronews.ca

If you're in Kingston this weekend for The Tragically Hip's final show, be sure to take in some Hip related sightseeing.
MAIN PHOTO ISTOCK, INSET PHOTO THE CANADIAN PRESS

+ CONCERT DETAILS

- The final show of The Tragically Hip's 15-date Man Machine Poem tour takes place Aug. 20 at Rogers K-Rock Centre in Kingston, home of the Ontario Hockey League's Kingston Frontenacs, which can only welcome about 6,000 lucky Hip fans.
- Kingstonians who won't make it into the arena can gather in Springer Market Square and surrounding streets, in the heart of the city's downtown core, for a free public screening of CBC Television's live stream of the concert. Saturday has been named The Tragically Hip Day in Kingston.
- Other Canadians can attend viewing parties in their own hometowns, or watch the concert live in its entirety starting at 8:30 p.m. ET, as a "late breaking story" on the CBC.

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TRAVEL NOTES DE NIRO, SUPER MARIO BROS. & GAMBLERS

Robert De Niro gets green light for London boutique hotel

Robert De Niro has won planning permission for a luxury hotel in London's Covent Garden area. Westminster Council approved plans Tuesday for the 83-room Wellington Hotel, backed by the actor and BD Hotels. The team already owns Manhattan's Greenwich Hotel. The plans include a spa, restaurant, private members' club and retail space. THE ASSOCIATED PRESS

Robert De Niro. GETTY IMAGES

New York farm creates eight-acre Super Mario Bros. corn maze

The images of Mario, Luigi and friends have been carved into the fields of an upstate New York farm as part of a corn maze based on Nintendo's Super Mario Bros. game series. ABC News reports it's the latest installment of an annual themed maze at the Stoughton Farm in Newark Valley. An aerial photo of the 8-acre maze clearly shows Mario, Luigi, Princess Peach, Toad and Yoshi carved into the cornfield. THE ASSOCIATED PRESS

Mario has been carved into a corn field. HANDOUT

Casino mogul Wynn to launch lavish new $4.2B Macau resort

From a pair of golden dragons encircling a man-made lagoon to phoenix and cloud motifs inside, Steve Wynn's Macau resort brims with auspicious Chinese symbolism. The U.S. casino mogul will need luck on his side as he launches his $4.2 billion Wynn Palace project. Macau is the world's biggest casino market. But China's economy and President Xi Jinping's crackdown on corruption are slowing the lavish spending. THE ASSOCIATED PRESS

Wynn Palace. VINCENT YU/THE ASSOCIATED PRESS

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metro RIO

"Put 800 lions in a cage, throw out a big steak and open the doors. That's BMX": American rider Connor Fields

Wiebe locks up grappling gold

RIO2016

Stittsville wrestler wins Canada's fourth gold

Canada now has its largest gold medal tally in 24 years after Erica Wiebe won the 75-kilogram wrestling crown on Day 13 of the Rio Olympics.

Wiebe was dominant in her match against Guzel Manyurova of Kazakhstan, winning 6-0, and bringing Canada its fourth gold in Rio.

With the victory, the 27-year-old from Stittsville, Ont., follows in the footsteps of two-time Olympic medallist Carol Huynh, the winner of Canada's first-ever gold in women's wrestling in Beijing eight years ago, and Tonya Verbeek, who finished on the podium at three separate Games. Canada's only other gold in wrestling was won by Daniel Igali in 2000.

Wiebe downed Vasilisa Marzaliuk of Belarus, China's Fengliu Zhang and Germany's Maria Selmaier earlier in the day.

Zhang and Russia's Ekaterina Bukina shared the bronze medal.

Her win also keeps Canada's streak in women's wrestling alive, one that dates back to the 2004 Athens Olympics when the discipline made its debut. Canada won seven medals at the 1992 Barcelona Games.

Erica Wiebe
GETTY IMAGES

Earlier Thursday, diver Meaghan Benfeito capped off her Rio run in style by winning her second bronze and first individual medal.

The 27-year-old from Laval, Que., finished with an overall score of 389.20 in the 10-metre platform, behind Ren Qian and Si Yajie of China. She had contemplated retirement, but said she has decided to stick around.

"I've always said that if I became a double Olympic medallist, I would stop diving," Benfeito said. "But I want to continue and my decision (to participate in the Tokyo 2020 Games) had already been made."

Benfeito's teammate Roseline Filion, 29, also from Laval, placed sixth with 367.95. The duo won bronze together in the 10-metre synchronized event, defending the medal they won at the 2012 London Games.

"All that I had hoped for was to have five good dives," Benfeito said. "I gave it everything and I couldn't, by all evidence, ask for better."

Wiebe and Benfeito were part of a possible rush of podium finishes for Canada on Thursday.

Damian Warner of London, Ont., slipped to third but remained on course to capture a medal in the decathlon. Through eight events, Warner was behind defending champion Ashton Eaton of the U.S. and France's Kevin Mayer.

Star sprinter Andre De Grasse was also looking to add to his medal tally in Rio as he was slated to compete in the men's 200-metre final.

Canada's Brooke Henderson made her move in the second round of women's golf at the Olympics.

The product of Smiths Falls, Ont., had five consecutive birdies to finish 7-under 64 and shot up the leaderboard into a tie with Britain's Charley Hull for third in the event, closing in on South Korea's Inbee Park and American Stacy Lewis. Hamilton's Alena Sharp (69) is tied for 32nd at one under. THE CANADIAN PRESS

1 Golden takedown — Erica Wiebe beat Kazakhstan's Guzel Manyurova 6-0.

2 Bronze splash — Meaghan Benfeito of Laval, Que., captured bronze in the women's 10-metre platform diving.

3 All in the family — Alistair Brownlee of Britain won the men's triathlon with younger brother Jonathan taking silver.

4 Squad goals — Kerron Clement won gold in the 400-metre hurdles — the 20th medal for the U.S. track team.

PHOTOS BY GETTY IMAGES

RIO In brief

4 doping bans doled out

It was a busy day for doping suspensions.

Doping officials announced Thursday that a weightlifter from Kyrgyzstan, swimmer from China, cyclist from Brazil and canoeist from Moldova all tested positive for drugs.

The weightlifter was taking strychnine, best known for its use as rat poison. Athletes use it in small doses to boost muscle recovery.

THE ASSOCIATED PRESS

HIGH JUMP

Drouin sets his sights on world record

It is the goal that dare not speak its name, this far-off thing that Derek Drouin has never really thought of or spoken about.

Now, however, it is the one thing left to conquer.

The newly minted Olympic high jump gold medallist — and defending world champion, the two biggies in his sport — figures he'll take aim at the third leg of the Triple Crown.

The world record.

It's been in the back of his mind but given the two medals he already has, it's getting closer to the forefront.

"After I cleared 2.40 (as a collegian in 2014) and I started getting questions about the world record, I think I kind of shifted my goals and it was, 'OK, it seems like the only reasonable thing to do is set sights on the world record,'" the jumper from Corunna, Ont., said Thursday.

"I think now it's even easier to say that when I've won a world championships, I've won an Olympic medal. It seems the only thing missing from the resumé is that world record."

The record, set by the iconic Cuban Javier Sotomayor in 1993, is 2.45 metres; the best Drouin has ever put up is the 2.40 two years ago and he won with relative ease at a season-best 2.38 Tuesday night.

> **"I'm prepared to do whatever it takes to win."**
> Derek Drouin

It's not like the 26-year-old will target when he'll take his shot at Sotomayor's mark, that's not Drouin's style. The six-foot-five jumper is more about winning, however it comes.

"It's just worked so much better going into a competition and rather than being like 'OK, I want to try to jump 2.45 or I want to jump 2.46 today,' it's 'I'm prepared to do whatever it takes to win,'" he said.

"So with the field that we have, the guys that are jumping right now, on any given day, it could take an attempt at the world record to win a meet so I feel like I'm prepared if that day comes." TORSTAR NEWS SERVICE

metro SPORTS

The Buffalo Bills have made a $35-million deal to change the name of their home from Ralph Wilson Stadium to New Era Field

Redblacks won't let Carter be a distraction

CFL

Tempers will be high after receiver's hit on Campbell

Defensive back Jermaine Robinson and the Ottawa Redblacks have no intention of giving Duron Carter any more attention than he deserves.

Ottawa (4-2-1) hosts the Montreal Alouettes (2-5) on Friday night. It's the first meeting between the two teams since the Redblacks' 28-13 win June 30, a game that saw Carter knock Redblacks head coach Rick Campbell to the ground following a touchdown celebration.

Carter received a one-game ban for the incident while Campbell, Robinson and Ottawa defensive back Jerrell Gavins were all fined. Carter appealed his ban and Wednesday met with an arbitrator. Carter will continue playing until the arbitrator renders a final decision, meaning he'll be in Montreal's lineup Friday night. But the Redblacks can't afford to let emotions get the best of them because Carter leads the Alouettes in receiving yards (564) and touchdowns (three).

"We're all glad he's playing, it's going to make the game even more exciting and make the rivalry even better," said Robinson. "I know he wants to get some revenge. It's good to have the best players out there. I think Montreal did what they did as far as fining (Carter) and I think he got enough slack just from the media and fans . . . so now it's time to get past it and play football. We've just got to keep him out of the end zone and play our game."

Redblacks defensive back Forrest Hightower defends against Alouettes wide receiver Duron Carter on June 30 in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Discipline has been an issue for Ottawa as 41 of its league-high 89 penalties have come against the defence. The abundance of flags bothers Campbell, who has taken it upon himself to reduce that number.

"We've taken too many penalties and it starts with me making sure we keep track of that," he said. "We're trying to be specific on how we're addressing it.

> **I know he wants to get some revenge.**
> Redblacks' Jermaine Robinson on Als' Duron Carter

Penalties have also been a problem for the Alouettes, who've been flagged 88 times this season. Quarterback Henry Burris said Ottawa has enough veterans to ensure the players maintain their composure.

"We understand who the people are in this league that do certain things, but regardless of who it is we just focus on us now," Burris said.

Burris made his own headlines last week when the 2015 CFL outstanding player sounded off on national television about unfair criticism levelled at him. Some media pundits questioned the timing of Burris's comments but he continued to stand by what he said. "I'm not apologizing for what I said," he said.

THE CANADIAN PRESS

RIO2016

Police say swimmers fabricated robbery

Brazilian police said Thursday that swimmer Ryan Lochte and U.S. teammates were not robbed after a night of partying, and that the intoxicated athletes instead vandalized a gas station bathroom and were questioned by armed guards before they paid for the damage and left.

The robbery that was or wasn't has become the biggest spectacle outside of the Olympic venues in Rio, and given American Olympians a black eye in Brazil after an otherwise remarkable run at the summer Games. The ordeal was also a blow to Brazilians, who for months endured scrutiny about whether a city that has long had problems with violence would be able to keep athletes and tourists safe.

> **They were not victims of the crime they claimed.**
> Civil police chief Fernando Veloso on the U.S. swimmers

"No robbery was committed against these athletes," Civil Police Chief Fernando Veloso said during an afternoon news conference. But the police account raised questions about whether it's possible Lochte and the swimmers believed they were victims of a robbery. Lochte's attorney has maintained that one took place and insisted the swimmer had nothing to gain by making the story up. He, as well as Lochte's father and agent, did not return phone calls seeking comment.

The swimmers could potentially face punishment — probation, suspension, a fine or expulsion — under USA Swimming's code of conduct, which prohibits dishonesty or fraud.

THE ASSOCIATED PRESS

IN BRIEF

Pogba set for Utd debut

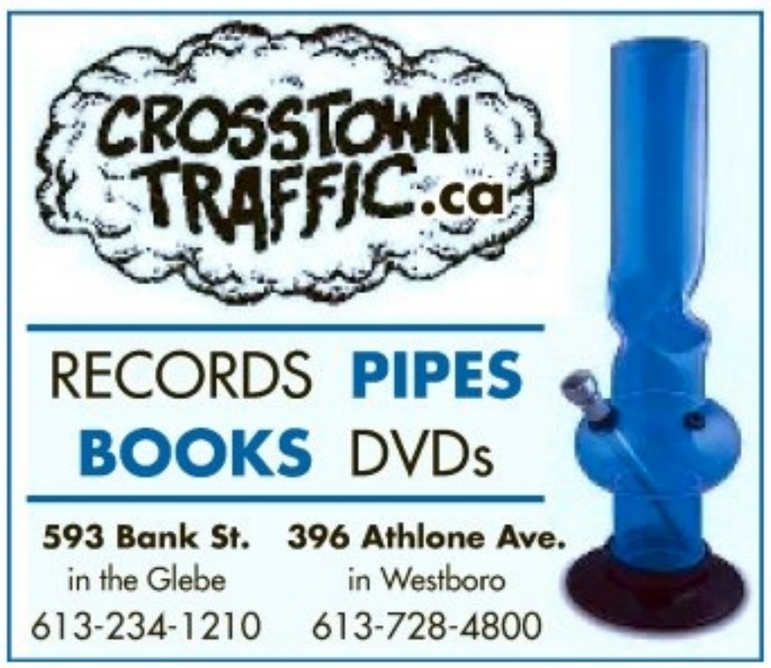
Manchester United's world-record signing Paul Pogba is ready to make his debut at home to Southampton in the English Premier League on Friday, according to manager Jose Mourinho.

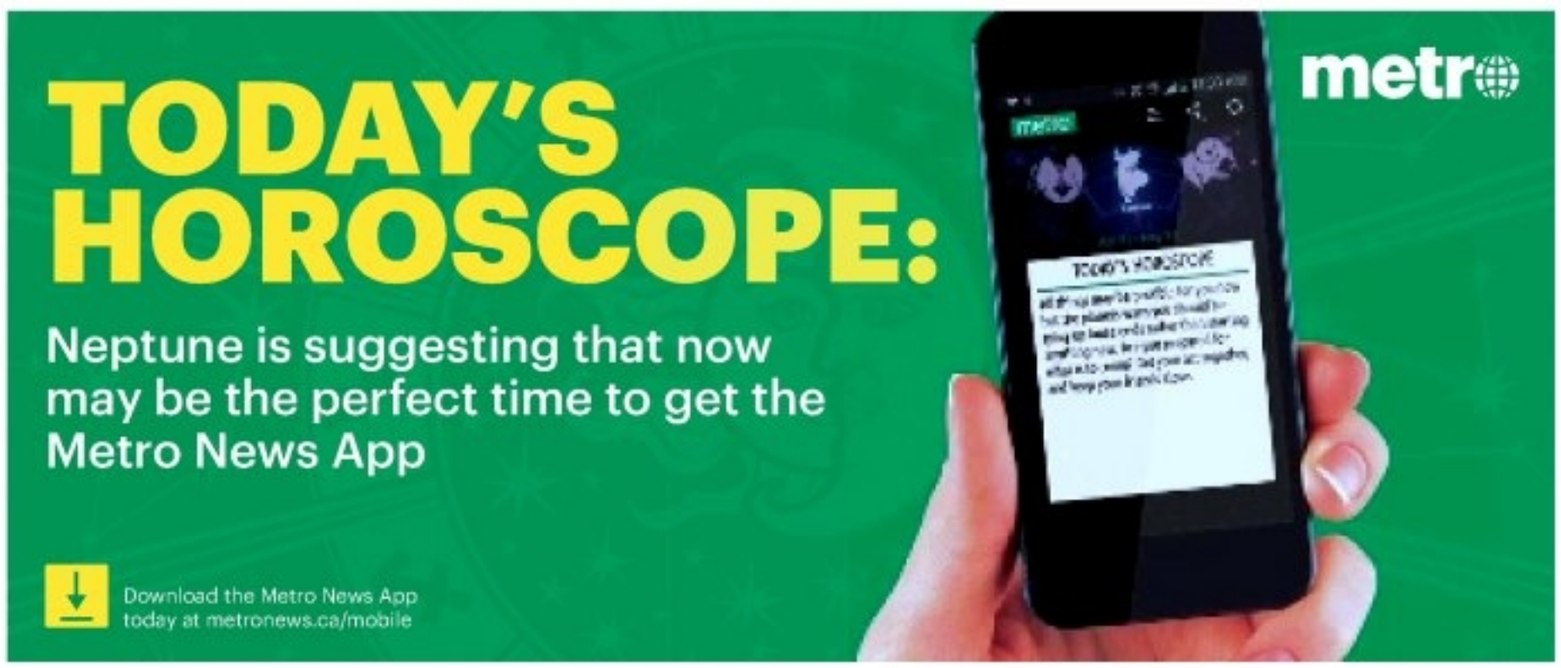
Pogba, who left United at age 19 for Juventus four years ago and was re-signed for $116 million, has been training but won't play a full match. THE ASSOCIATED PRESS

Harrison willing to meet NFL to discuss doping link

A representative for James Harrison says the Pittsburgh linebacker is willing to meet with the NFL to discuss an alleged link to performance-enhancing drugs.

However, this only happened after the league imposed a deadline while threatening him and three other players with indefinite bans. THE ASSOCIATED PRESS

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RECIPE Pork and Black Bean Slow Cooker Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't forget your slow cooker in the summer – nothing keeps your kitchen cooler!

Ready in 8 hours
Prep time: 20 minutes
Serves 4

Ingredients
- 3/4 cup bacon, chopped into inch-length pieces
- 500 gram pork loin, cubed
- Glug of vegetable or olive oil
- 2 onions, diced
- 4 cloves garlic, minced
- 1 sweet pepper, chopped
- 1 carrot, peeled and diced
- 1 1/2 tsp cumin
- salt and pepper to taste
- 2 x 19 ounce cans beans, rinsed
- 1/2 cup of strained canned tomatoes
- 1 cup water

Directions

1. In a large skillet, brown the bacon for about 5 to 10 minutes. Place on a piece of paper towel and drain almost all excess fat.

2. In small-ish batches, brown the pork in the skillet. Place the bacon and pork into the slow cooker.

3. Toss all of the vegetables in the skillet over medium heat. Sprinkle cumin over the vegetables and give it a good stir until they just begin to soften.

4. Place vegetables, tomatoes. water and beans in the slow cooker, stir and set to low for 6 to 8 hours.

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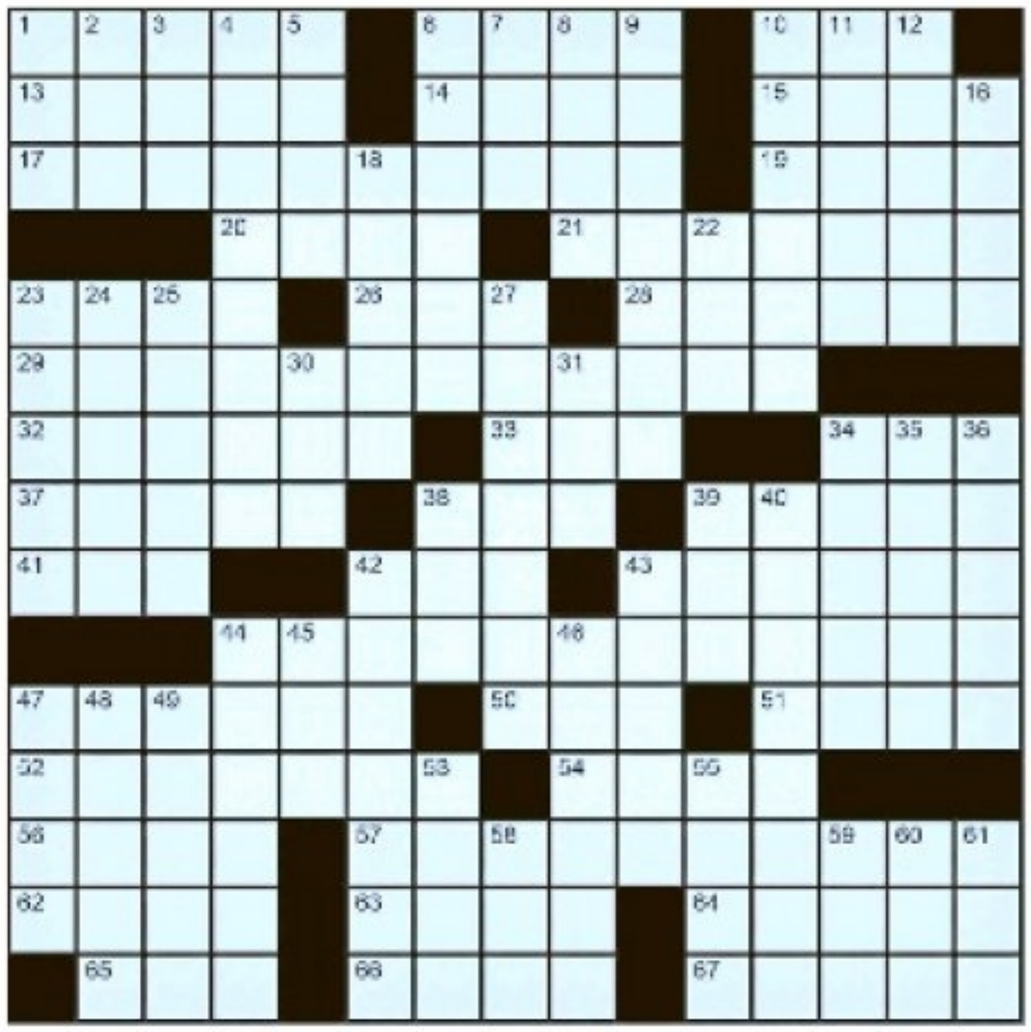
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Basketball, fun-style
6. Ms. Helgenberger
10. Mr. Hunter
13. "Coffee __?"
14. Busy as __
15. "__ surprised as you!"
17. RIO 2016: Prior to Rio, the last time Golf was an Olympic sport was St. Louis 1904 when a Canadian won the gold medal ...who was he?: 2 wds.
19. Pro __ (Proportionately)
20. Brave New World tablet
21. Ottawa: The Red Chamber figure
23. Prefix meaning 'Eight'
26. __ Beach, Hawaii
28. RIO 2016: Horse __ (Component of #57-Across)
29. RIO 2016: Cross-Country need in Cycling: 2 wds.
32. Wayward
33. Electrical discharge
34. Judy, to Liza
37. The J. __ Band
38. In favour
39. "__ film today..." (Beatles line)
41. Prince Valiant's son
42. The Col.'s eatery
43. CAA service
44. RIO 2016: __ Swimming
47. Music storage container: 2 letters + wd.
50. Royal officer, for short
51. 'Trillion'-meaning prefix
52. RIO 2016: Jumped-over things in Track & Field
54. Infamous Vamp.
56. "__..." (Prayer beginning)
57. RIO 2016: Modern __
62. Ratchet part
63. Water: Spanish
64. Comedy act, Stiller & __
65. Compass dir.
66. "Drats!"
67. Particular poet

DOWN
1. Don't share
2. Mined stuff
3. 'Ear'-meaning prefix
4. RIO 2016: __ best (Athlete's top-ever performance)
5. Palm starch
6. RIO 2016: Lilongwe is this IOC country's capital
7. 'Lull' ending
8. Antique autos [abbr.]
9. Non-name brand
10. Rant
11. Violin-making family
12. RIO 2016: 4 x 100m Relay prop in Track & Field
16. Famed puppeteer Tony
18. 1933 Broadway musical, Let '__ Cake
22. 'Neat' suffix
23. RIO 2016: Olympics official timekeeper
24. Apples gadget
25. Burial shroud city in Italy
27. Lawlessness
30. Heavy wts.
31. Fam. member
34. Corn
35. Proprietor
36. Eva and Zsa Zsa Gabor's older sister
38. Gomer Pyle's rank [acronym]
39. 'Opt' suffix
40. Changed
42. RIO 2016: Athlete's protection, perhaps
43. Bing Crosby's "__-__-Loo-Ra-Loo-Ral"
44. RIO 2016: Equestrian's seat
45. Couture monogram
46. __ sale
47. Prepare veggies
48. "Max __ Returns" (1983)
49. Queen Elizabeth's 'hat'
53. Video game maker
55. Prefix with 'sphere'
58. Called-one's occupation
59. Movies composer Francis
60. Hosp. sites
61. __ Geo (Nature mag, cutely)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a loosey-goosey day. It's a poor day for major purchases and important decisions. (It's OK to buy food and gas.)

Taurus April 21 - May 21
If you can hunker down at home today, you will enjoy yourself, because you need to cocoon right now. This is a creative day for you, especially if you work in the arts.

Gemini May 22 - June 21
You're eager to communicate with others now; however, tension with partners and close friends is likely. This tension will be gone by the end of September.

Cancer June 22 - July 23
Be careful, because you are focused on money right now and probably considering a major purchase. Today is a poor day for a major purchase. Wait until tomorrow.

Leo July 24 - Aug. 23
You have a few more days with the Sun in your sign giving you a chance to re-energize yourself. People and favorable situations are attracted to you. Make the most of this.

Virgo Aug. 24 - Sept. 23
Although this is a good time to buy wardrobe items for yourself, today is not the day. Wait until tomorrow; you will be glad you did.

Libra Sept. 24 - Oct. 23
In one way, you are keen to socialize, and you are out there flying your colors. However, a different influence makes you want to hide and be low-key. At least you have a choice.

Scorpio Oct. 24 - Nov. 22
This is a great day to schmooze with others. Keep things lighthearted and avoid important decisions. Don't volunteer for anything.

Sagittarius Nov. 23 - Dec. 21
Travel, education and publishing are on your mind now. However, this is a poor day to make a decision regarding these matters. Nevertheless, it's a lighthearted, creative day for you.

Capricorn Dec. 22 - Jan. 20
You will enjoy talking to people from different cultures and different backgrounds, because you want to learn something new. It's easy to be openminded today.

Aquarius Jan. 21 - Feb. 19
It's good to know that you can benefit from the wealth and resources of others at this time. Today, however, is a poor day for important decisions, especially about a commitment.

Pisces
Feb. 20 - March 20
Relations with partners and close friends are unusually warm and cozy now. Don't hesitate to tell others how much you care. Don't leave it to their imagination.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	2						8	
5	4			3			7	8
8	1			7			2	5
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9			5		2			6

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5	2	4	8	6	7	3	9	1
7	8	3	1	4	9	6	5	2
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9	7	6	3	5	1	8	2	4
8	4	5	9	2	6	1	7	3
4	6	8	7	1	5	2	3	9
1	5	7	2	9	3	4	8	6
3	9	2	6	8	4	5	1	7

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